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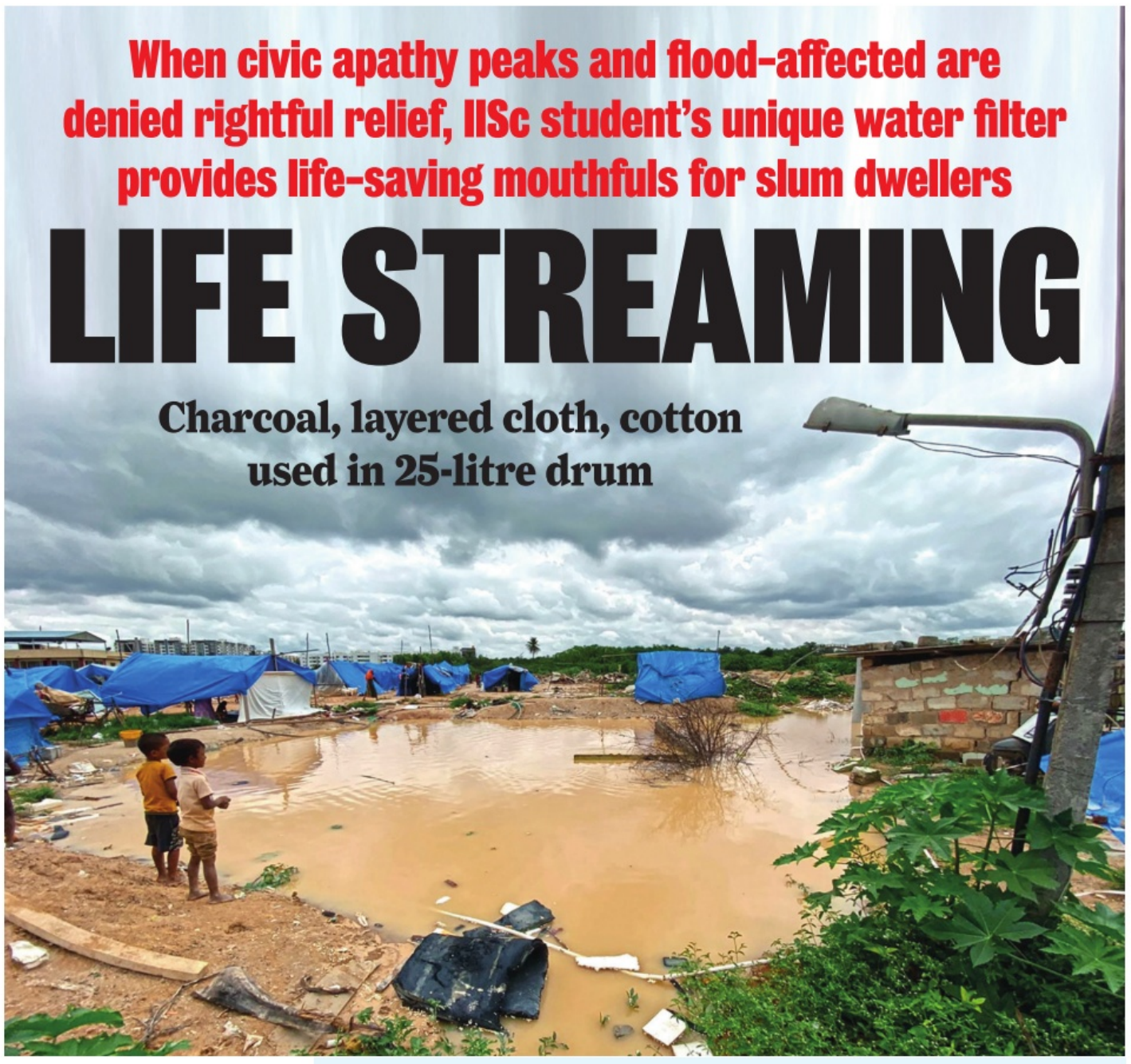
Bangalore Mirror

TEMP Max 29 | Min 19 | Humidity 86% Generally cloudy sky & rain Sensex 60,115 | Nifty 17,936 | Gold 50,750 | Silver 57,780 | Dollar 79.37 | Euro 80.41 | GBP 92.83

When civic apathy peaks and flood-affected are denied rightful relief, IISc student's unique water filter provides life-saving mouthfuls for slum dwellers

LIFE STREAMING

Charcoal, layered cloth, cotton used in 25-litre drum



| Saumyangi Yadav
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TWEETS @BangaloreMIRROR

A student at the Indian Institute of Science (IISc) designed a unique water filter, using coconut shell charcoal activated using table salt, to help communities affected by the recent floods in Bengaluru.

> **"The water filter can be used as a long-term solution; it is highly cost-effective**
>
> — Sharik Sengupta, Interdisciplinary Centre for Water Research, IISc

Sharik Sengupta from the Interdisciplinary Centre for Water Research at IISc, also an activist of the All India Students Association (AISA), created the tech. It can filter almost 6,000 to 8,000 litres of extremely bad quality water to a level suited for domestic usage, he told Bangalore Mirror.

Sengupta pointed to the abysmal condition the communities in slums are living in since the floods. "We have provided the water filter to a community in Munnekolala in Marathahalli that had no access to clean water. The people told us that for drinking they are either buying bottled water or collecting

CONTINUED ON PAGE 8 »

Under World

Residents say no to skating rink/ basketball court under Sivananda flyover; want parking space

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Amid concern over the build quality of the Sivananda steel flyover, BBMP has now come up with a new proposal — a skating rink and basketball court under the structure.

Soon, residents opposed the plan citing safety risk and distraction for passing motorists. They demanded a parking facility instead.

A senior BBMP official, meanwhile, confirmed the proposal; he said it will be completed in 15 days. "We are trying to create a space that could be used by the public. We are exploring new ideas to utilise the portion under the flyover and prevent misuse. A small portion will be converted into a skating rink cum basketball court. We may also build a public toilet," he added.

The proposal of a skating rink/basketball court under the flyover, according to the BBMP, is aimed at occupying the space to prevent it from being misused; with most spaces under the flyover serving no specific purpose, the proposal is to engage citizens with activities and utilities to ensure its upkeep.

Residents noted that further commotion under the flyover will distract vehicle users and cause accidents. They also highlighted that children using the facility while vehicles passing on either side will be a huge safety risk.

"The construction of the steel flyover began in 2017. The work was completed a month ago. Soon after reopening, the flyover was found unfit for vehicles and closed again. Now, they have started construction below the flyover. We have learnt there

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 All about maternal health

Aastrika, a foundation for maternal healthcare in Bengaluru, will be hosting a women empowerment event at the BIC Auditorium to discuss critical issues in the Indian maternal healthcare system in the presence of key stakeholders. The keynote Address will be delivered by Dr K. Sudhakar, Minister for Health & Family Welfare and Medical Education.
Where: Bengaluru International Centre, Domlur
When: September 17, 10:30 am – 12:30 pm
Info: https://www.aastrika.org/

02 Dasara special

The annual Dasara doll festival is here! On display will be handmade dolls made by rural artisans from Channapatana, Ettikopakka, Kodapalli, Cuddalore, Thanjavur, Kolkata and Panruti made in clay, lac-turned-wood and plaster and themes range from episodes of the Ramayana & Mahabharata to scenes from the picturesque Indian villages.
Where: Studio Tamaala, JP Nagar, www.tamaala.com
When: Till Sep 30, 10am – 9pm
Contact: 7676197344

03 Sip and paint

Did you know Van Gogh got drunk when he painted? You can also channel the inner artist in you as Koramangala SOCIAL is hosting a one-of-a-kind workshop called 'Sip & Paint' in collaboration with Chill Sesh. You will learn how to create an artistic masterpiece and get professional at making delicious cocktails taught by an expert mixologist. Everything necessary for fun will be provided including paints, brushes, and canvas.

Where: Koramangala SOCIAL
When: Sep 17, 11 am – 2 pm
Tickets: insider.in

Art, craft and life lessons, on the go

Palike launches Wonder on Wheels for children from anganwadis from East Zone

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Children from anganwadi centres pose for a photo on Day One of the initiative being rolled out

The Bruhat Bengaluru Mahanagara Palike (BBMP) has joined hands with Freethinking Foundation and Women and Child Development Department to launch Wonder on Wheels, a creative learning opportunity exclusively for marginalised children, especially those from anganwadi centres in and around Bengaluru East Zone. This comes after the School on Wheels initiative that was rolled out for the benefit of slum children.

"We have provided a remodelled bus to Freethinking Foundation for this purpose. We also provide two teachers, one Group D employee and a bus driver to the foundation to ensure providing Montessori education for anganwadi children," said BBMP Assistant Commissioner (Education) Umesh D S.

Freethinking Foundation will be responsible for running the activities and provisioning of activity teachers. It will collaborate with other private and public institutions to conduct other activities on the bus.

"We will provide a teacher trained in the Montessori method and volunteers to train children in art and craft. We will also ensure training for the teachers provided by the BBMP. We have already launched two Wonder on Wheels on our own. Wonder on Wheels was launched, in association with the BBMP and Child Welfare Department today, on a pilot basis. The buses will be stationed at BBMP Zonal Commissioner (East) Office and will visit two to three anganwadi centres per day," said Freethinking Foundation managing trustee Sunoj Philip.

"Our target is to launch around 10 Wonder on Wheels to cater to the needs of anganwadi children in other zones such as Bengaluru West, South, North, Yelahanka, Mahadevapura, Dasarahalli, Bommanahalli
–Sunoj Philip, managing trustee, Freethinking Foundation

He said the initiative would be extended to other areas in a couple of months. "Our target is to launch around 10 Wonder on Wheels to cater to the needs of anganwadi children in other zones such as Bengaluru West, South, North, Yelahanka, Mahadevapura, Dasarahalli and Bommanahalli in future."

Welcoming the BBMP for launching this initiative, Nagasimha G Rao, Director of Child Rights Trust said that it would benefit anganwadi children to a great extent to learn art and craft. "I want to appreciate all those involved in launching Wonder on Wheels. It will help more and more children to have Montessori education since the Wonder on Wheels visits anganwadi centres. It will also encourage other parents to bring their children," said Nagasimha G Rao.

BBMP Chief Commissioner Tushar Giri Nath inaugurated the Wonder on Wheels. He helped one of the children cut the ribbon and board the bus.

Bengaluru gears up to welcome Durga

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With Durga Puja nearly here, Bengali associations are gearing up for a grand celebration complete with Dhunuchi naach, themed pandals, concerts and other cultural functions. After two years of muted celebrations, this time, festivities will be grand, and they expect a large turnout.

Sanjay Bhattacharya, General Secretary, RT Nagar Sarbajanik Durga Puja Samiti, said, "In the last two years, we did everything digitally. This year, we blocked Palace Grounds, which has almost 70,000 square feet of space with an open lawn and a covered premise. We have planned a number of fests and live concerts by AURKO band and Alive India Rockstars and Bengali band Cactus will be performing. We are expecting more than 70,000 people."

He added that visitors can have their prasad on the premises itself, like pre-covid times. They will also have a choreographed "Dhunuchi Naach". There will be cultural activities as well as drawing, singing and dance competition. In one of the evenings there will also be a fashion show. "We will also have 20 odd food stalls along with, over 40 flee market stalls. The pandal will be made of jute and mat which is completely environment-friendly," added Sanjay.

A pandal in Banaswadi (file)

Priyanka Sinha Roy, Marcom and Publicity Head, BARSHA Bengali Association, said that they have booked a resort which has a space of 60,000 square feet. "Our theme will be the 75 years of Independence and we will be making a huge replica of India Gate. The idol of Goddess Durga will be placed inside the replica of Vidhan Soudha that will be 100 feet wide and 20 feet in height and will be a replica of a very old traditional idol of Kolkata."

She added that the Bengali band, Fossils will be performing. They are expecting more than two lakh footfall this year, she said. They will also have in place wheelchairs, ambulance and doctors. "One of the attractions will be that 75 people will be on the stage performing a Shankha Dhwani for five minutes, praying for the well-being of India to Goddess Durga. We will also be bringing in females who will be playing the dhaak," added Priyanka.

Tarun Ghosh, General Secretary, Aradhana Bengali Cultural Association, said, "Our main motive will be to serve the marginalised people. We have started all the preparations as well."

Gets curiouser: Who moved my bollards?

Cyclists wonder why the last barrier that protects them from fast and furious traffic is also being stripped away from them

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As the civic body is currently in the process of removing bus priority lane bollards, cyclists commuting on the Outer Ring Road (ORR) stretch have noticed that bollards demarcating cycle lanes too are disappearing. The Directorate of Urban Land Transport (DULT) says the matter needs to be investigated as they haven't issued any order for scrapping of cycle lanes or the bollards for it.

If the sole barrier protecting cyclists on the cycle lane from the zipping traffic on ORR disappears, cyclists' lives will be in danger. The cyclists' community said that cycling infrastructure has become the most dispensable in the city. According to them, whether it be floods or ORR congestion, cyclists are inflicted with inconveniences.

Shilpi Sahu, a cyclist, told BM that bollards have been disappearing slowly on-and-off. "When the cable work for Metro work began, the bollards were removed and never put back. Primarily, I have noticed between Marathahalli and Bellandur; almost 90% of the cycle lane bollards have disappeared.

They dug up the entire service lane. The roads are in a pathetic state, bollards have gone and cycle lanes are not being maintained. The bare minimum infrastructure for cyclists is being destroyed after utilising the public money. Even though there is misuse of cycle lanes, it has still remained beneficial to countless cyclists," she added.

File pic of how the brand new cycle lane looked when it was set up on ORR

"We had discussed the removal of BPL bollards after several complaints from motorists. But, the cycle lanes and bollards are being removed without our knowledge

She added that with cycle lanes with bollards, only the paint demarcates the lane and it's not a protection measure. According to cyclists, BBMP's tipper autos are also blocking the lanes. "Officials make plans to decongest the cities by infusing crores of rupees but fail to maintain basic infrastructure," said Sahu.

Another cyclist Shrilesh said removal of bollards has increased his commute time. A number of IT professionals have adopted cycles as a work-commute option after the cycle lanes were introduced. Shrilesh is a regular cycle commuter from Sarjapur signal to Bellandur. "The bollards ensured the safety of the cyclists. For more than five months, I have been noticing the bollards are getting removed. I commute to my office and my 7-km work-commute time has increased from 20 to almost 40 minutes. There aren't any proper footpaths either to walk to the office," added Shrilesh.

Cyclists urged officials not to equate bus priority lanes with those for cycles as buses can safely move with or without bollards, but cyclists are under threat from fast-moving vehicles.

Expressing distress over the turn of events, Bengaluru bicycle mayor Sathya Sankaran said that cycling infrastructure is the first casualty to city problems. "Commitment to cycle lanes needs to be ensured even in tough times like floods. Sudden need to solve traffic problems cannot be solved by compensating with cycling and walking. We object to whimsical decisions to remove cycle lane bollards without consultation with the cyclists," he added.

He added that without bollards, the cycle lanes become part of the road. "Without any protection, the purpose of cycle lanes is lost. If bollards are being removed, we want more permanent solutions like concrete barricades," added Sankaran.

However, DULT clarified that neither the cycle lanes have been scrapped nor have they issued any orders for removal of bollards. "We had discussed the removal of BPL bollards after several complaints from motorists. But, the cycle lanes and bollards are being removed without our knowledge. We need to identify who is responsible for removing the bollards first," said V Manjula, DULT Commissioner.

Cyclists also complain that they are not being permitted to use the shortcut routes adjacent to lakes. Cyclists said that BBMP has different rules and timings for using lake premises. With traffic getting worse, cyclists complain that guards are stopping them during visiting hours. In Agara lake, both pets and cyclists are not allowed.

CRIME FILES

Accident averted

A major accident was averted as a car stopped in the nick of time near the Okalipuram flyover on Sunday night. It is said that the Kerala-based young woman who was behind the wheel was in an inebriated condition and she drove off to a construction site in Okalipuram. Fortunately, the car stopped at the edge of the flyover and a major accident was averted.

Lethal bar brawl

A fight took place between rowdy groups in a bar in Laggere and the scene of the incident was captured on the CCTV cameras of the bar. Rowdy sheeter Raju and his friend were attacked with machete and longs when they were drinking at the bar. In return, Raju and his accomplices hit the opponents with beer bottles.

Father-son duo crushed by train

A Bengaluru-based father and son died after coming under train wheels on Sunday night when the duo were boarding the Talaguppa-Mysore train.

Mohan Prasad was a retired employee of VISL and his son Rajendra Prasad was a priest. While boarding the night train at Platform 1 in Talaguppa, Shivamogga, the son first slipped and fell, and the father, who went to his rescue, also slipped and fell on the platform. Amarnath died on the spot due to serious head injuries. Mohan was rushed to Bhadravati Government Hospital.

Opposition to road name change bid

With the proposal mooted by Karnataka Sahitya Parishat, the nodal agency for promotion of Kannada language has run into a controversy with the Karnataka Jain community opposing the idea of renaming the arterial AdiKavi Pampa road of the Chamarajpet locality in Bengaluru.

The president of Karnataka Sahitya Parishat, Mahesh Joshi has sent a proposal to the Bruhat Bengaluru Mahanagara Palike (BBMP) to rename AdiKavi Pampa Road as 'Kannada Sahitya Parishat Road'. Karnataka Jain Association has registered a strong protest in this regard.

The association has stated that such a move is an insult to the Jain poet. Kannada litterateurs have also objected to the proposal. **IANS**

Sex-change surgery on minor: 'Case against doc can't be quashed'

The High Court has refused to quash an FIR against a doctor, who allegedly performed sex-change operation on a minor boy.

The court refused to entertain the petition by the doctor from KR Pet, who is one of the accused in the case, in which it is said the minor was abducted by some persons to be used for prostitution and for extortion.

The case is now being investigated by the CID.

Refusing the petition by Dr Anitha Patil, the High Court Bench of Justice Suraj Govindraj, in its recent judgment, said, "The allegations are that the said operation has been conducted without the consent of the said (minor) and that he could not have concern that since he was a minor at that point of time. These are matters which are required to be strictly left for trial with all defences left open for the petitioner to be agitated before the trial court."

The doctor had contended in the petition that she had not performed the operation. It was also contended that an opinion of another doctor has to be obtained before the filing of a complaint against a doctor. In this case, it was alleged that the investigating officer had not done so even before filing the charge sheet.

Second opinion

The High Court, however, pointed out that the opinion of another doctor is sought when there is an allegation of medical negligence by a doctor, but in the present case, the "allegation is of forcible sex change operation which is a criminal offence both under the IPC and under the POCSO Act."

The original complaint was filed by the grandmother of the victim on February 11, 2018. **PTI**

Vehicles turning turtle leave authorities dazed

Truck turns upside down on Bengaluru-Mysuru highway; authorities to analyse the situation

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The ten-lane Bengaluru-Mysuru expressway has been in the news for all the wrong reasons.

Many raised questions on the quality of work after a few stretched submerged under water due to heavy rains. However, here is another shocker. A few heavy vehicles turned turtle on this highway recently.

Now even National Highways Authority of India (NHAI) officials are puzzled as to why vehicles are toppling.

A few days after the Bidadi bypass was opened, a truck turned turtle and fell on the side of the road. If this was not enough, an Airavat (KSRTC's multi-axle luxury bus) had a narrow escape as the bus driver (as seen in viral videos on social media) lost control and narrowly escaped from falling off from the flyover.

These incidents have once again raised questions over the safety of travellers at this expressway.

Equally puzzled over this development, Mysuru MP Pratap Simha said, "The incident took place near the bow, string girder of Bidadi bypass. A detailed analysis has shown us that in other parts of the road stretch, we are using bitumen concrete for laying the outer surface. The bitumen concrete is a mixture of concrete and 10 mm of crushed stones where these stones provide the required road grip. However, at the bowstring arrow flyover (constructed over Bengaluru-Mysuru twin tracks), one can see a shining material. The flyover has been constructed using mastic asphalting as per the railway's specification. We have used either fly ash or stone dust instead of crushed stones along with bitumen."

A KSRTC multi-axle luxury bus had a narrow escape from falling off the flyover at Bidadi bypass recently

> **"We are exploring various options like carving out rough edges. We are discussing all the issues with railways and NHAI officials on what best can be done**
>
> –Pratap Simha, Mysuru MP

The reason why railways wanted us to avoid crushed stones was that there should be no seepage of water on the tracks. Hence, I feel this could be the reason for the slippery road. Now, we are exploring various options whether to carve out rough edges or need to do something else. We are discussing all the issues with railways and NHAI officials on what best can be done, Simha added.

It may be noted that Chief Minister Basavaraj S Bommai recently requested Union Transport Minister Nitin Gadkari to conduct a drain audit for the Bengaluru-Mysuru road.

According to CM, this audit would help the authorities to know where underground drainages are required on the highway so that the water flows from one end to another without inundating the road.

Gadkari had said that the drains were constructed keeping in mind the average rainfall received in the area. However, this time, the rain was almost 10 times more breaking a 75-year-old record and hence the drains were to be widened to increase their capacity.

SWD work leaves road in poor shape

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An incomplete storm water drain (SWD) work has left a service road in the HBR Layout in a pathetic state, leading to residents struggling to commute.

While solid waste and stormwater drain management remain high on the priority list for the Bruhat Bengaluru Mahanagara Palike (BBMP), the residents of this layout still await a solution for these two issues.

The service road of HBR Layout 5th block has been in a sorry state for months now.

Vikram Mailar, resident and member of the core working committee of Bengaluru NavaNirmana Party (BNP) said, "BBMP started the SWD wall reconstruction and cleaning process in May 2021 and is yet to complete the work. BBMP has neither disclosed the details regarding the money allocated for this work nor has it made public the expenses incurred so far. This issue was brought up in ward meetings, and residents made calls to the concerned officials at the BBMP regarding the issue which was also discussed on the ward committee WhatsApp group. It was escalated to the Joint Commissioner, Zonal commissioner Ravindra and Chief Commissioner, Tushar Girinath. Though all are aware of the situation, none have taken it seriously. With heavy rains in the last few weeks, the condition of the road has further deteriorated."

The service road in HBR layout is in shambles due to incomplete SWD work

The residents alleged that in spite of the repeated complaints made to the authorities it has gone unnoticed.

George T, resident of the 5th block said, "Though many complaints regarding the horrible condition of East and West service roads at 5th block HBR layout were put up to the BBMP officials and East zone Commissioner, no action has been taken so far. Residents of the 5th block in the HBR layout are having a hard time using the service road every day. The service road has been in extremely deplorable condition at least for the last 6 months. The road is slushy and has turned into a garbage dump. People are dumping all sorts of waste here. It's a tragedy."

Residents demand swift action from the authorities. Another resident, Sasi Nair said, "We need stringent laws to make garbage dumpers fall in line. When footpaths and roads are filled with waste, pedestrians have no choice but to suffer the nightmare. Despite several complaints, why are authorities not taking any action? In addition, residents do not have any details on the funds allocated and expenditure on these construction works."

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Garbage trouble
Muniyappa Layout

It has been more than one month since no one has collected this garbage on 4th Cross, Patel Muniyappa Layout. It keeps piling up.

Pavement peril
Brunton Road

The pavement on Brunton Road is in a poor state.

Illegal flex board
Malleswaram

Flex banners advertising hair transplants and other services are tied illegally to electric poles and trees all over Malleswaram 8th Cross. These are found in front of homes, creating a lot of inconvenience.

PSI scam: 'Audio clip will be probed'

Chief Minister Basavaraj Bommai on Monday said the audio involving a BJP MLA's purported conversation with a man in connection with the scam-hit police sub-inspector (PSI) recruitment would be examined and if something wrong was found, he would get it investigated.

"I don't know about the audio or video. We will examine it. If at all something like that (scam) is found then we certainly will order to investigate," Bommai told reporters here.

The Congress has tweeted alleging that the Kanakagiri

CM says if they find anything wrong, it would be investigated

BJP MLA Basavaraj Dadesagur acted as a broker in the PSI scam between the candidates and the government, and collected Rs 15 lakh.

"Basavaraj Dagesagur, who was a broker on behalf of the government in the PSI scam and after collecting Rs 15 lakh admitted that the voice in the audio was his and later threatened those who levelled charges against him. This video exposes the reality of the MLA. Dear Basavaraj Bommai, when will you show the guts to question the MLA?" the Congress sought to know.

However, BJP MLA Dagesagur said the audio was not a recent one but of 2020.

"I am unrelated to it (scam). I only went to mediate in a case. I had only said that I will solve the matter. There is no relation between my conversation and the PSI scam in 2020. A former MLA of our area joined some audios. This is nothing but a political conspiracy," Dagesagur told reporters at the Vidhana Soudha. **PTI**

B'luru tree census: Can we count on BBMP forest dept?

3 years after HC order, Palike is yet to zero in on research institute for census

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When it comes to the much-awaited tree census, none of the research institutes in the city appears to be good enough for the Bruhat Bengaluru Mahanagara Palike (BBMP).

In 2019, the forest department of BBMP signed an MoU with the Institute of Wood Science and Technology (IWST) to conduct the survey but later cancelled it.

After that, the Palike reached out to the University of Agricultural Sciences (UAS) to conduct the same census. After months of discussions, UAS submitted a Rs 5.5 crore proposal for conducting the survey scientifically. The idea was to geo-tag all the trees, record the age and species, calculate canopy area and tree girth and come up with suggestions on location and area-specific tree species plantation.

However, this time too, the contract has not taken off and the BBMP is back to square one.

"The varsity had submitted a proposal a few months ago but we have decided to not sign the MoU. They had quoted a Rs 5.5 crore proposal and we thought we need not spend so much money on the census. BBMP will be doing it with inputs from the tree authority. There will not be signing any MoU with any organization for the census. However, we will surely take their support in terms of resources and ideas," said a senior official from the forest department.

As part of the counting process, every tree in the city was to get a physical QR code

"We are currently focusing on developing a mobile application to record the data
– BBMP official

Interestingly, it has been over three years since the Karnataka High Court ordered the BBMP to conduct the census expeditiously.

While the Palike plans to survey all the city trees by itself, there is no denial by the officials that the department has a manpower shortage.

"BBMP's forest department has no manpower. We will reach out to the Karnataka Forest Department and request at least 20 personnel for six months on a deputation basis. A letter regarding this will be sent to the PCCF soon," said the official.

The census will now be conducted like a public initiative and will invite volunteers with the right bend of mind. The participants will be trained to conduct the census scientifically with the help of experts from the Karnataka Forest Department.

As part of the process, every tree in the city will also get a physical QR code.

"Each tree will be given a unique ID that will be placed on the tree trunk using a plastic or aluminium medium. All the Bengaluru trees will be geotagged in this fashion and there will be a database for future reference," informed the official.

Bangalore Mirror
Counting our trees
BBMP will sign MoU with GKVK to conduct first-of-its-kind tree census
BM's report on May 7

Notably, even the internal deadline to start the pilot was the first week of August.

"We are currently focusing on developing a mobile application to record the data. The mobile applications and plans are almost ready and last-minute corrections are being made. We will soon start the census on a pilot basis in one ward, preferably the IISc campus. The pilot will help us understand the requirements in terms of manpower and approach. Once we lock in the approach and resource requirement, we will open it for the rest of the wards. We will be able to start the pilot sometime next week," said the official.

Once the pilot is completed, the census is expected to take six months to complete.

Veda says yes & social media cannot sit still

Indian women's cricket team batter Veda Krishnamurthy is set to enter a new phase of life. Her family sources confirmed that her engagement ceremony will be held in Bengaluru on September 18.

Veda Krishnamurthy will get engaged to upcoming cricketer Arjun Hoysala. Both Arjun and Veda have shared photos of their special moments on social media and the images have gone viral.

Veda Krishnamurthy has been going through a rough patch after losing her mother and sister to covid-19. She is presently not in the Indian team and working her way to get back into the side.

The photo of Arjun kneeling before Veda Krishnamurthy and proposing to her has gone viral. Arjun has captioned the photo "And she said 'yes'". The couple has also shared photos of them at a picturesque location in Karnataka.

Family confirms her engagement with cricketer Arjun Hoysala will be held in city on September 18

Arjun, a left-handed batter, has played for Karnataka in Ranji Trophy. He had also played for various franchises in the Karnataka Premier League. Veda Krishnamurthy, an all-rounder who is a member of the Karnataka women's cricket team, has played 48 ODIs and 76 T20Is. She was part of the Indian team in the ODI World Cup in 2017 and the T20 World Cup in 2020. **IANS**

Lost, forgotten, found: Old stormwater drains

Palike to use these channels to restore city's natural drainage system

| Sridhar.Vivan
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A stretch on the Outer Ring Road during a heavy downpour which brought life to a standstill in B'luru

Thanks to the recent rains, Bruhat Bengaluru Mahanagara Palike (BBMP) has unearthed old stormwater drains which were 'lost' over a period of time.

These rajakaluves were missing from maps maintained by the Revenue Department as well. During the recent flash floods, a close scrutiny of the area revealed that these drains were one of the main reasons for the flooding. Now, the civic agency wants to identify this missing drain link so that the encroachments can be demolished all along its way and there is no hindrance to the flow of rainwater in the future.

Confirming this, BBMP Chief Commissioner Tushar Giri Nath said, "We are now in the process of identifying newer encroachments which were not part of the earlier list. As these drains have not been used for a very long time, even the Revenue Department had failed to map them and hence the ownership of those lands was given to the locals."

For the last few days, earth-excavating machines have begun removing encroachments. Locals have alleged that the encroachments have begun with only smaller houses while bigger houses and villas which had encroached drains have been given notices.

Many cite the earlier instances when in August 2016, the Siddaramaiah Government had taken up a demolition drive when 141 houses

Many homes encroaching upon these drains have been issued notices by the authorities

which had encroached 29 acres of rajakaluves were demolished. However, the drive was mysteriously stopped.

Now, many are wondering whether the current drive is just an eyewash or a constructive move. Chief Minister Basavaraj S Bommai said, "I have directed officials to remove all those encroachments. During the recent heavy rainfall in Bengaluru, we have seen as to how many were affected. A few of the cases are in court and we will appraise the court on the need to remove encroachments."

Nath added that so far, they had given detailed instructions to engineers and allocated responsibilities to each officer. "The drains and lakes fall under the jurisdiction of Karnataka Land Revenue Department. Hence, we have to remove these structures following the rules laid down by the Revenue Department Act.

"Currently, a surveyor is accompanying our engineers and marking the encroachments on the basis of the maps available with the Revenue Department. The mapping is followed by issuing of notices by the respective tahsildars."

The Bengaluru East Tahsildar Ajith Rai Saroke has issued notices to a few villas in Rainbow Drive for encroaching drains. The notice says that the building owner and the developer have to remove the encroachment within seven days of the issuing of notice failing which, the authorities will take up the demolition drive for which the residents have to cough up expenses of demolition.

The BBMP Chief Commissioner added that many encroachments have been removed so far. As of Sunday, 21,963 square feet of encroachments have been removed in 34 cases. The encroachments include temporary sheds, houses and compound walls.

"We had a meeting with zonal commissioners on Monday as well. So far, out of 696 encroachments, we have removed 34. The remaining structures will be razed as per the list. There is no need to issue fresh notices to those people who had earlier received one from the Revenue department," Nath said.

ORRCA springs into action

| Melvin Mathew
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TWEETS @BangaloreMIRROR

To make commuting easier for employees, the Outer Ring Road Companies Association (ORRCA) met the Minister for IT and Higher Education Ashwath Narayan on September suggesting steps to improve ORR and its arterial roads.

Short term

The association requested immediate action (next 30 days to 2 months) on a few issues ailing ORR. The resolution/ restoration of Eco Space and the impacted rajakaluves, sharing a detailed timeline of the ORR metro project and for ORRCA to be included in the coordination group. It stressed that 19 arterial roads approved in 2019 need to be completed within 6 months. ORR main carriageway and service roads are to be constantly maintained to ensure smooth flow of traffic.

Medium term

Within the next 2-3 years, the association wants the cancelled high-density corridor to be approved and implemented. Development of key arterial roads like Hosur Road, Sarjapur, Old Airport Road, ITPL, Silk Board, and KR Puram is key along with a comprehensive execution plan for the management of lakes and rajakaluves and ensuring a zero-tolerance policy against encroachments disturbing ecological balance/ disruption of traffic.

Long term

The association proposed that the 17-km ORR stretch should be declared a separate municipal zone. The new municipal zone will then develop a 5-year plan to convert the IT corridor into a world technology corridor. A committee of experts will prepare the 2027 plan. The governance framework of the new municipal zone will be a public-private partnership with supervision from the IT&BT ministry. It has also requested a special ex-gratia grant and funding for the development of the corridor.

After the rain: Citizens repair their hood

In Countryside Layout, citizens repair road and plan fixing concrete wall

| Y Maheswara Reddy
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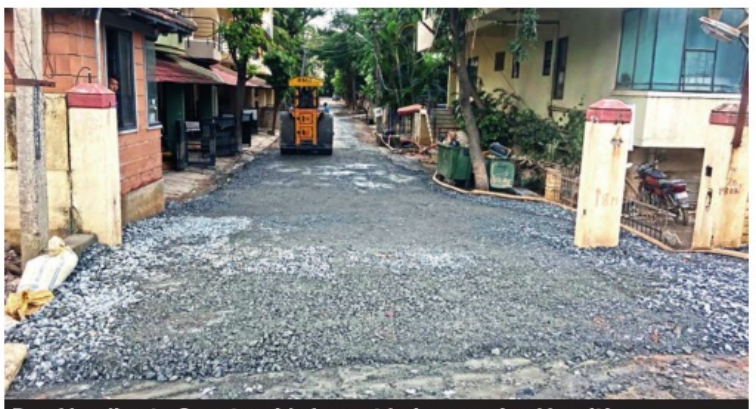
TWEETS @BangaloreMIRROR


Road leading to Countryside Layout being repaired by citizens

Residents of Countryside Layout are leaving no stone unturned to restore their neighbourhood to normalcy after the recent rains battered the city. The felt it was no use waiting for the civic authorities and decided to take matters into their own hands.

Around 30 four-wheelers were damaged beyond repair due to waterlogging in the layout. "All the four-wheelers that were inundated in water are damaged. The residents have incurred the loss of around Rs 1.5 crore at an average cost of Rs 5 lakh each for the vehicles," said Countryside Layout Welfare Association president Pendela Sampath Kumar.

The residents were also up in arms against those responsible for breaking the compound wall of their layout to let out the water from the neighbouring layout. "We have decided to issue a notice to those responsible," said Sunil Srivatsav, a resident, adding that water has receded from the layout that was inundated a week ago.

"The entire road is damaged. As of now, we spent Rs 1.5 lakh for wet mix at the entrance to facilitate entry and exit of vehicles without any hassles. The contractor gave an estimation of Rs 25 lakh for the restoration of the road inside our layout," said Sampath.

It is said that the residents have to spend money to reconstruct the compound wall. "The wall became weak and shaky. We have decided to have a concrete wall which is expected to cost us Rs 45 lakh," he said.

Some of the residents have lost household items such as washing machines, TV sets, refrigerators, and clothes when their homes are inundated with rain water. "Fifteen houses are inundated with rain water. Each of the residents have lost Rs 3 lakh worth household items due to water logging," said a resident, adding that water level would have been less if the compound wall was not broken.

> **"We already spent Rs 1.5 lakh for wet mix to pave the road for easy movement of vehicles**
>
> –Sampath Kumar, President, Countryside Layout Welfare Association

On September 4, Fire & Emergency Services and Namma Teams volunteers had to press boats into service to evacuate the residents to safer places on September 5.

BBMP's healing touch after downpour of woes

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The BBMP health team has swung into action and carried out a door-to-door check-up of over 100 apartment complexes to ensure that the people affected by the recent floods are healthy and safe. As floods could cause many underlying health issues by affecting one's mental health and infections that include water borne or vector borne diseases, the BBMP decided to get its health team on board to keep a check on the victims.

ASHA workers were deployed for fever surveillance including IEC activities on prevention of vector borne and water borne diseases in the Mahadevpura zone and hygienic measures and environmental sanitation activities were conducted.

The BBMP health team carried out a door-to-door health survey, fever surveillance including IEC activities to identify and reduce source of breeding by field level workers to prevent any disease spread in flood-affected areas.

Several camps were put up close to the slum areas to check upon the people's health. The doctors in the camps kept monitoring the health of the individuals. "The cases of diarrhoea can sporadically increase after a sudden disaster, including other water borne diseases. Hence we decided to deploy a team and check on the people fast to detect the diseases fast. We have so far finished the door to door health check-ups in 100 apartment complexes. Most of the people were healthy and there was nothing to worry about," added Dr KV Thrilok Chandra, Special Commissioner (Health & Information Technology).

Fogging is important to keep vector-borne diseases at bay

This apart awareness campaigns were initiated to avoid spread of vector and water borne diseases. "We initiated awareness campaigns to educate the people about the do's and don'ts. Meanwhile teams are even carrying out fogging and spraying to avoid any mosquito breeding in areas. More resources were added so that the process of fogging and bleaching is enhanced to prevent vector borne disease," added a health officer from Mahadevpura zone.

Meanwhile health professionals pointed out that it is important to even check on individuals' mental health after the sudden disaster. As many would have lost their belongings or even place of stay, it would be hard for them to get over the trauma. "Flooding has left people without homes and caused great financial loss. Daily rains, difficulty in accessing health care needs is affecting people's health. Repeated infections, worsening of existing illnesses, losing close family members, friends affects us. Sometimes this can lead to new onset mental health conditions. Many times existing illnesses can get worse," said Dr. Girishchandra, Sr. Consultant - Psychiatry, Aster CMI Hospital.

He added that losing a home is traumatic as it can be perceived as threat to life. "People must look after themselves and also should come forward and ask for help and heal."

Fever catching them young, again & again

2 years of social isolation has affected immunity of kids so infections rising: Docs

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It's the beginning of exam season with school children gearing up to face mid-term exams in offline mode after two years of online classes. For parents, more than ensuring that their wards study well for exams, ensuring that they don't fall ill is turning out to be a bigger task. Many parents and doctors say that many are reporting recurring viral fever and surprisingly some of them are falling ill two to three times a month.

"Off late, we are seeing many parents who say that since schools have opened, kids are constantly unwell. Parents want to know if it is normal for kids to get fevers every week. Parents are now asking us if they can get something to boost immunity," said a doctor.

Experts say that the two years of lockdown reduced the immunity of most people. Dr Chetan Ginigeri, Lead Consultant at Paediatrics and Paediatric Intensive Care, Aster CMI Hospital said, "The last two years of lockdown has downregulated the immune systems. Now kids are mingling with each other, schools have opened, monsoon is unrelenting and construction and waterlogging are also a norm. All these factors make children, especially those from one to eight years very susceptible to viral infections. There is an almost 200 per cent increase in outpatient numbers, especially with respiratory tract infections. This trend is likely to continue till February 2023."

As the viral profile is diverse with flu, H1N1 and more variants of the same are in circulation - recurring respiratory infections in the same child are causing the same symptom complex and increasing school absenteeism, Ginigeri added.

Fortunately, most children who have repeated infections don't have any serious problems, says Dr Chirag Khant, a consultant at Rainbow Children's Hospital.

Since schools reopened, parents say kids are falling ill repeatedly

"Around 20 per cent of paediatric outpatient visits these days is because of recurrent infections. Several viruses are currently circulating including influenza, Respiratory syncytial virus (RSV) and SARS CoV 2. Children have a relative immune deficiency until their immune systems mature at the age of five years and they tend to get four to eight infections each year. Children's bodies build up immunity with each viral infection and over the years as antibodies build up infection rate comes down."

Many parents seek advice to build up their child's immunity.

"Sleep, proper nutrition and appropriate vaccination are very important in preventing and fighting off infections. There is no role of any supplements. Few parents resort to self-medication with antibiotics for these illnesses. Antibiotics don't cure viral illnesses and are usually not required unless a child develops complications like ear infections or pneumonia. Antibiotic overuse not only leads to resistance but can also adversely affect the gut microbiome," said Dr Khant.

It is a busy time for paediatricians in the city and across the country.

"Currently, we are swimming in high tides of cough, cold and fevers," said Dr Rajath Athreya Senior Consultant and HOD Paediatrics and Neonatology, Sakra World Hospital.

"Children's immune systems have never met them up close and thus haven't been schooled to ward them off. From New Zealand to Japan and from France to India, there are reports of unusual or unseasonal surges of respiratory viral and bacterial infections in kids that are testing healthcare systems. The hygiene hypothesis is also at play and may see an increase in allergies and asthma too," he added.

FOLLOW THESE TIPS

- Continue to follow precautions like masking and hand hygiene
- Keep schools open, and have kids return to classes as soon as they can
- Schools need to plan for absences and bridge the gaps
- Catch up on any missed out routine vaccines
- Understand danger signs and seek medical attention
- Weather it out, we are in unprecedented times.

GPS device is wind beneath pelican's wings

Scientists on Monday successfully fitted a GPS device to a pelican bird in Kokkare Bellur in Mandya district.

A team of scientists attached to the Dehradun Wildlife Institute carried out the experiment for the first time in the country, according to the local officials.

The experiment was carried out to study the abodes of pelicans, food habits and international routes that these migratory birds traverse.

said that the GPS device was imported from Greece. The animal lovers and scientists have described the experiment as historical.

The GPS device will help ascertain the route, including countries the pelican's travel through besides recording their activities. The scientists have also stated that they would be able to find out the origin place of the bird through this experiment.

Pelican birds travel across India, Sri Lanka and Myanmar. The GPS device will get charged automatically through sun rays. The device is designed to send all the information regarding various travelling routes for a period of four years. Attractive pelican birds arrive in Kokkare Bellur in October and disappear after two months. This breed of birds are found in Karnataka, Tamil Nadu, Sri Lanka, Malaysia and Myanmar. -IANS

BSY: Petitioner to approach ED

Senior advocate and RTI activist TJ Abraham said on Monday that he would approach the Enforcement Directorate (ED) in connection with a corruption case against former Chief Minister BS Yediyurappa.

Abraham had filed a petition seeking a probe against Yediyurappa, his son BY Vijayendra, Minister for Co-Operation ST Somashekar and six others with the Karnataka Special Court established to try Offences against MPs, MLAs and the High Court of Karnataka. The special court had dismissed the petition.

He had gone for an appeal in the High Court of Karnataka which had directed the special court revisit the case.

Abraham said, "Special Judge cannot direct proceedings for the offences under PMLA and liberty is reserved to the complainant to initiate appropriate proceedings as per permissible procedure in accordance with law." -IANS

Drinking water for flood-ravaged

CONTINUED FROM PAGE 1

rainwater. For other domestic use, they were using water from a pond. The so-called pond is more like a hole dug into the ground which is now flooded. You can see worms and tadpoles in the water. It was contaminated."

Sengupta added that the filter has been provided to the community which has families of construction workers, sanitation workers who only have access to murky and contaminated water.

"These are migrant workers who come here and help the city to develop; but we channel all the rainwater to their dwellings. It is ironic," he added.

The slum area, where the filter was provided, floods within 10 minutes of rainfall; AISA activists were informed as the residents do not have access to safe water for domestic usage.

"We, as people working in science, should always be on our feet to put the solutions on the ground when it is most needed. We cannot always wait for the government to work on our suggestions and then later be disappointed about it," Sengupta further added.

With the help of volunteers from different departments at IISc, Sengupta was able to create the tech. The main component in this filter is charcoal which is a porous substance and really good at filtering water or even air, he explained.

"We increased the number of pores and made finer pores to make an even better filter. We bought charcoal as it is pretty easy to find in the market. Then we did the activation process ourselves by cooking the charcoal overnight. Thereafter we put the activated charcoal in a filter which is a 25-litre water drum. We stuffed the charcoal layered in cloth and cotton to filter out the larger particles," he explained.

The filtration rate of the filter is 0.5 litres of water per minute. The average cost of the project is somewhere around Rs 2,000 for two filters that can filter 6,000-8,000 litres of water. Smaller filters for personal use can be made for a cost of Rs 100.

BM asked Sengupta if the technology can be used as a long-term solution: "It can definitely be used as a long-term solution; it will be highly cost-effective. However, I cannot get enough volunteers to make so many filters in the long run. This was an emergency response," he said.

Under the flyover blues

CONTINUED FROM PAGE 1

is a proposal to build a skating rink/basketball court in the area. This will become a distraction for vehicles passing the stretch. The situation is likely to make it an accident spot with an increase in distracted drivers. Children running around in the area could also lead to accidents," Ramalingam, a resident in the area, told BM.

Another resident said the space will add to the traffic woes of residents. "Already there is high traffic; this will also create the need to find additional parking spaces. We have spent five years with a flyover in construction; moreover, we don't know how many residents would use it. How can a skating rink with traffic moving on either side be considered safe for children? With the heavy flow of traffic, we are concerned about the safety of children," said Sunil KN. Another resident, Nagesh added that children skating under the flyover could get grievously injured if they hit the foundation of the structure. Residents also complained that now people visiting the facility will also need parking spaces. They stressed that BBMP should consider building a parking facility instead.

After spending Rs 40 crore on the 492 m long flyover, it had to be closed-down shortly after the inaugural due to alleged construction defects. Later, traffic was allowed only on one side of the flyover.

Sivananda flyover was completed over a period of five years.

Inflation rises to 7%; RBI may hike interest rate again

After declining for three months, retail inflation rose to 7 per cent in August due to higher food prices which may prompt the Reserve Bank of India to go for another rate hike later this month to tame price rise.

The Consumer Price Index (CPI) based inflation, which is factored in by RBI while deciding the monetary policy, has remained above the central bank's comfort level of 6 per cent for eight months in a row.

As per the data released by the National Statistical Office (NSO) on Monday, the inflation in food basket was 7.62 per cent in August, up from 6.69 per cent in July and 3.11 per cent in August 2021. **PTI**

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CHANGE OF NAME

I, (OLD NAME) USHARANI JAGADEESH SHETTY, W/o Jagadeesh Shetty, residing at No. 658, Pavithra, 5th Cross, 11th Main, 4th Block, Koramangala, Bengaluru - 560034. Karnataka. shall heneforth be known as (NEW NAME) USHA JAGADEESH SHETTY vide affidavit Dated: 09/09/2022 before Notary, Aravind Patil.G G, Bengaluru.

I Narendara Singh Premi S/O, Jaswanth Singh R/o No 33, S K Manson, Siddi Vinayaka Lay Out, Thindlu Cricle, Bangalore-560097 have changed my name to Narendar Singh Premi

I Mahesh M S/o Rama Moorthi R/o #1 Ramaiah Layout, Margondanahalli Main Road, Tc Palya Kr Puram Bangalore 560036 have changed my name to Mahesh R for all purposes.

I Malket Singh S/O, Narandra Singh R/o No 33, S K Mansion, Siddi Vinayaka Lyt, Thindlu Cricle, Bangaore-560097 have changed my name to Malkeet Singh for all purposes.

I, PRATHA PRAKASH OLEKAR R/a No.7, 1st Floor, Muruga Pillai Street, Seppings Road Cross, Shivajinagar, Bangalore-560001 have changed my name to PRATHA PRAKASH WALEKAR vide affidavit dated 12.09.2022 notary R. Basavaraja, B.lore.

I Sharanya Iyengar D/O, Kishan Srinivasan Iyengar R/o Kbr Pearl House No 306, 3rd Main Road Coffee Board Layout Hebbal Kempapura Bangalore -560024 have changed my name to Sharanya Kishan Iyengar

I, Krishna Vyvatheyan R/o #221, Krishna, 3rd cross, AECS Layout, RMV Hospital, Sanjaynagar, Bengaluru 560094 have changed my name to KRISHNA VYNATHEYAN affidavit Dt.12/09/2022 notary K.V Mani, B'luru

I Chakradar Raju Ragunath S/O, Ragunath R/o J102, Purva Fairmont, 25th Cross, 24th Main, Hsr Layout, Sector 2, Bengaluru 560102 have changed my name to Chakradar Raju

I, Husain Kalangi S/o Yunus Kalangi R/o D-102, Wilson Manor Apartment,13th Cross Wilson Garden Bengaluru 560027 Karnataka have Changed my name to Hussain Kalangi for all purposes.

I Suresha Maiya S/O, Chandrashekar Maiya R/o No 007, Near Railway Gate, Singanayakanahalli Village And Post, Yelahanka Bangalore-560064 have changed my name to Suresh Mayya

I Ashish Kumar S/o Umesh kumar Santhalia R/o 303, Meenakshi Paradise Appt, Peekayam Layout, HSR sector 7 Bangalore 560068 have changed my name to Ashish Santhalia for all purposes.

I, Haleemath Sabreena Sherule, R/O #22, F Street, Cleveland Town, Fraser Town, B'lore - 560005 have changed my name from Haleemath Sabreena Sherule to Sabreena Sherule for all purposes.

I Jyothi Nayak W/O, Abishek D Mavinkurve R/o Vega 4a,n0-27,tata Aquila Heights, jalahalli, Bengaluru-560013 have changed my name to Anagha Abishek Mavinkurve

I Malarvizhi Thirupathyvenkatesh R/O HM world city apartments, Jp nagar 9 phase ,Bangalore have changed my name to MALARVIZHI SANJEEVI for all future purposes.

I Nikil Manjunath Amarnath S/O, Amarnath Venkateshappa Kagathi R/o # 720, Behind Post Office, K R Puram, Bengaluru-560036, have changed my name to Nikhil Manjunath Amarnath

I, Farhana Ayub Dosani W/o Asfak Haji Amin R/o 101,HMJ Residency, Coconut Garden,T Dasarahalli, B-lore-560057 have changed my name to Farhana Asfak Hadfa for all purposes.

I, Mohamed Hafeezulla Sharief S/o Mohammed Abdulla Sharief residing at no. 107, 1st Main, 2nd cross,kogilu Layout, Yelahanka, Bengaluru- 560064 have changed my name to Mohammed Hafeezullah Sharief vide affidavit dated: 12.9.2022 Sworn before Notary H.K.Gopalagowda, Bangalore

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Feeling good

Here's why teaching children empathy is more important now than ever

Kayalvizhi Arivalan
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TWEETS @BangaloreMirror

Empathy is the ability to understand and share another person's feelings. To an adult, it may appear to be a very simple trait to possess, but for a young child's brain, it is a highly complex skill to develop. Understanding and demonstrating empathy are the result of multiple interactions between neurons in the brain, so developing empathy in the first few years of life is a difficult task.

Children, particularly in their first two years of life, are known to be egocentric, a condition in which they tend to focus on themselves and their immediate requirements. To wean children from self-centered thinking and to assist them in comprehending the world, parents' deliberate attention to the development of an empathic mindset is a powerful tool. Empathy is also at the top of the list as a skill to teach children, likely due to the leadership and creative advantages of an empathic brain. Meghna Yadav, Child Psychologist and Head of Training at KLAY, addresses queries and explains how to foster empathy in young children.

Why Is Cultivating Empathy Important For Children?

Parents believe that if their child shows empathy, it will benefit others. This is a common misconception that must be dispelled. According to behavioural psychology research, having an empathetic mindset is the key to unlocking traits such as critical thinking, problem-solving, and effective collaboration.

Empathy Inspiring Leadership And A Creative Approach

Science has never supported the idea that the brain does everything on its own. The frontal lobes of children's brains are heavily stimulated simply by observing simple acts of empathy from parents' daily lives, such as offering water to a coughing friend, allowing people to exit the elevator before you enter, and waiting for another car to park before you exit. According to recent studies on brain functioning, the frontal lobes are the breeding grounds for planning, problem-solving, leadership, and creativity. When the frontal lobes of the brain are functioning properly, we are as well.

Empathy Is The Foundation For Happiness

Babies begin to use social referencing around 6 months of age. Babies observe their parents 24 hours a day, seven days a week, and their attitudes and responses are recorded in the child's brain. A 7-month-old, for example, watches her father carefully as he welcomes a visitor into their home. The parent's reaction to the visitor has an impact on how the baby perceives the world around her. This sense of being connected to the world, a trait of empathy, allows the child to see the world through a very positive lens. This early positivity will always result in an increase in the happiness quotient later in life.

Empathy Is The Mother Of Team-Building Skills

A closer examination of all the 'good habits,' such as taking turns, sharing resources, compassion, respect for others' opinions, and social smiles, reveals that empathy is the epicentre of these deep connections that revolve around human life. These empathy-based skills eventually lead to collaborative and team-building abilities, which are unquestionably required in today's work culture. According to the theory of mind, at around 18-24 months, toddlers can recognise that others' thoughts and reactions may differ from their own, and thus, in order to improve empathy-based skills in children, parents should provide as many socialisation opportunities to toddlers of this age group as possible.

Empathy Leads To A Balance Between Emotions And Logic

In today's society, those who can strike a balance between emotional and logical thought are successful. This balanced outlook on life can be encouraged in children through the cultivation of empathy. Numerous researchers have established a correlation between a child's social-emotional health and his or her academic and cognitive performance. If the objective is to live a successful life in the twenty-first century, reading, writing, and arithmetic skills alone will never suffice. At the core of this idea is the necessity of establishing long-lasting relationships with peers and family. In this direction, empathy will play a crucial role by laying the foundation of the learning pyramid for children in the coming years.

—Femina

All you need to know about...

Hypoglycaemia

What is it?
A hypoglycaemic (low blood sugar) attack occurs when there's too much insulin and not enough sugar (glucose) in the blood.
It often happens when not enough food has been eaten. It's a feature of type-1 diabetes.

What are the symptoms?
A hypo is heralded by sweating, dizziness, shakiness, irritability, moodiness, hunger or headache.
Night-time symptoms are damp sheets or bedclothes from sweating, nightmares and, on waking, irritability or confusion.
Diabetic hypoglycaemia can be serious and if not treated, severe symptoms can occur such as slurred speech, blurred or double vision, weakness, drowsiness, seizures, unconsciousness, coma, even death.

What causes it?
Usually it's down to continuing to take insulin while not eating enough or postponing or skipping a meal or snack.
A hypo may come on with increasing exercise or physical activity without eating more or adjusting your insulin dose.
Poor blood sugar regulation and drinking alcohol will do the same.

How to manage it?
f you think your blood sugar may be dropping, check your levels with a blood glucose meter.
Then eat or drink something that's mostly sugar or carbohydrates to raise your blood sugar level quickly. Try these options:
A glass of milk; Four to six squares of chocolate; A glass of fruit juice or fizzy drinks (not diet); A tablespoon of sugar or honey ; Four glucose tablets or a serving of glucose gel.
Check your blood sugar level 15-20 minutes after eating or drinking, and eat more of the above if it's still too low. Carry at least one sugary item with you at all times.
Also, wear a bracelet that identifies you as having diabetes.

—Dr Miriam Stoppard, Daily Mirror

MIRRORLIGHTS

Coffee may lower risk of death: Study

A new study has found that in comparison to non-coffee drinkers, adults who drank moderate amounts (1.5 to 3.5 cups per day) of unsweetened coffee or coffee sweetened with sugar were less likely to die during a 7-year follow-up period.

The results for those who used artificial sweeteners were less clear. The findings are published in the Annals of Internal Medicine.

Previous studies observing the health effects of coffee have found that coffee consumption is associated with a lower risk of death but did not distinguish between unsweetened coffee and coffee consumed with sugar or artificial sweeteners.

Researchers from Southern Medical University in Guangzhou, China used data from the U.K. Biobank study health behaviour questionnaire to evaluate the associations of consumption of sugar-sweetened, artificially sweetened, and unsweetened coffee with all-cause and cause-specific mortality.

More than 171,000 participants from the U.K. without known heart disease or cancer were asked several dietary and health behaviour questions to determine coffee consumption habits.

The authors found that during the 7-year follow-up period, participants who drank any amount of unsweetened coffee were 16 to 21 percent less likely to die than participants who did not drink coffee.

They also found that participants who drank 1.5 to 3.5 daily cups of coffee sweetened with sugar were 29 to 31 percent less likely to die than participants who did not drink coffee. The authors noted that adults who drank sugar-sweetened coffee added only about 1 teaspoon of sugar per cup of coffee on average. Results were inconclusive for participants who used artificial sweeteners in their coffee.

—ANI

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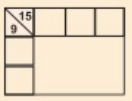
SOLVE IT IN A MINUTE

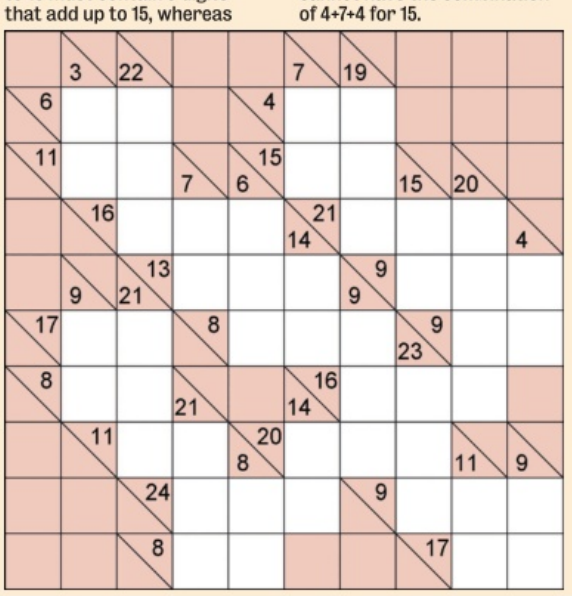
How many trailing 0s (zeroes) in the expression (100!/10^23)?

Kakuro

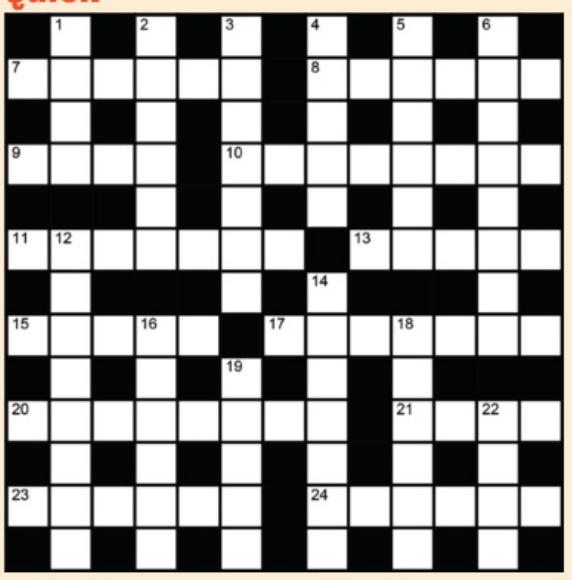
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 A type of whisky (6)
8 Mars or disfigures or damages (6)
9 Of Indian or local origin (4)
10 English paceman James _____ (8)
11 Gives in, complies or relents (7)
13 Be suitable for; become (5)
15 Roman market-place (5)
17 High frequency loudspeaker (7)
20 Extemporized (2-6)
21 S PSB, the famous nationalised bank? (4)
23 Chemical in tea (6)
24 Sent to sleep or soothed (6)

DOWN

1 Skin affliction (4)
2 Formal clothes (6)
3 Clipped or cut - sheep's woolly hair, for example (7)
4 Lay ____ : save to use at a later time, as in " Lay ____ some money"? (5)
5 Evening party (6)
6 Pale yellow gaseous element of halogen family (8)
12 ____ Memorial Hall: Venue for plays and musical performances in Kodandarampura (8)
14 Trifling, trivial (7)
16 Alliances or marriages (6)
18 Tripods used by artists (6)
19 Black timber (5)
22 Never in verse (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: V EQUALS G

CRN KNQC QIONJCOQC OQ HENJ CH NLENZONJIN DJF KNVOJQ MOCR ZHXDJIN - CRN OFND CRDC DJUCROJV OQ EHQQOKGN.

Linemaro

I have lost my mobile phone; may I borrow your number?

Mindchow

Ambition is like love, impatient both of delays and rivals

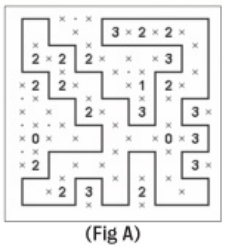
Joke of the day

Artificial intelligence usually beats real stupidity

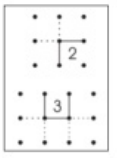
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

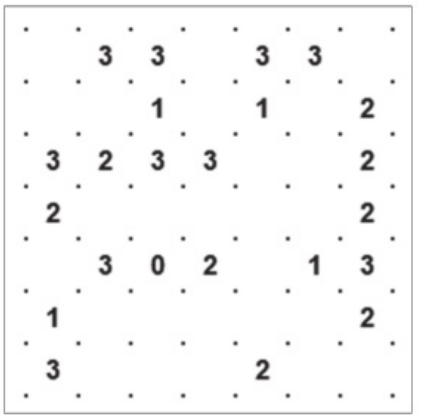


(Fig B) Not Allowed

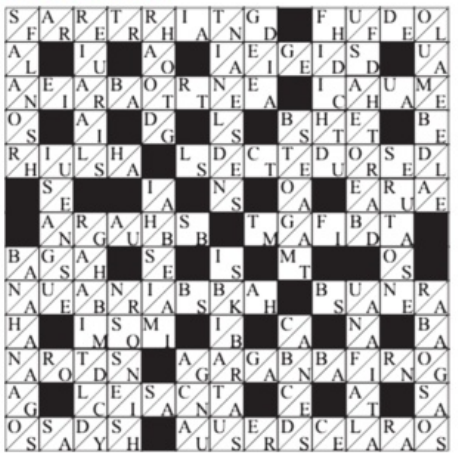
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



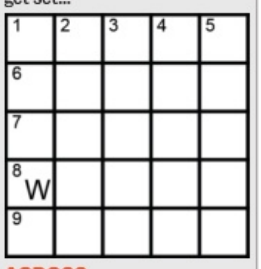
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

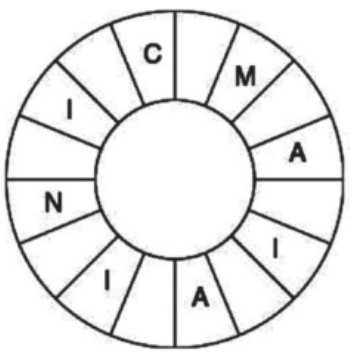
1 Certs; 6 Raita;
7 Stair; 8 Hewer;
9 Slink

DOWN

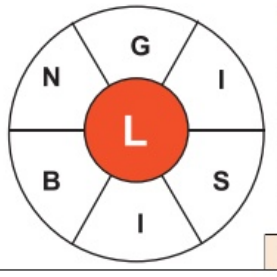
1 Raw LC; 2 Irish;
3 An tee; 4 Skirt;
5 Tears

Mensapuzzle

Read clockwise to find a 16-letter word. Only alternate letters have been shown, and you have to find the starting point.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

2		4			3		6	9
5	9							
		3	1					
	2	5		7	4			
		6	9		1	5		
			6	5		8	7	
					7	6		
							1	5
9	1		3			2		4

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 20

1 2 6 7

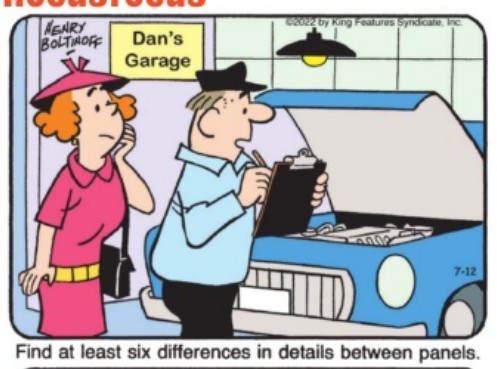
Medium = 6

3 3 6 8

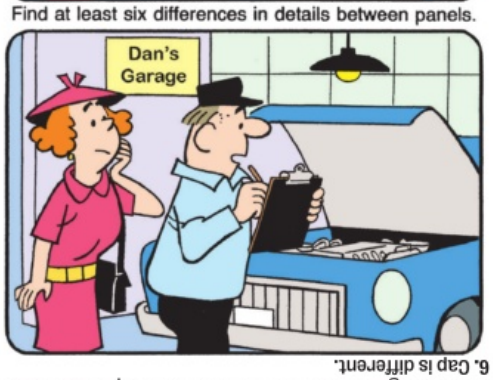
Hard = 4

2 6 9 3

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Light is moved. 2. Shape of grille is different. 3. Belt is higher. 4. Arm is moved. 5. License plate is smaller. 6. Cap is different.

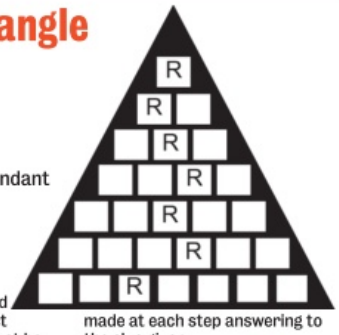
Riddler

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms.

1. Rode - Can
2. Font - Farce
3. Tory - Stale
4. Dire - Cash
5. Self - Shill

Alpha triangle

1 18th letter
2 Again, prefix
3 Important age
4 Challenge
5 Had a row?
6 Laughed loudly
7 Earring with a pendant



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

I WENT TO MY SENIORS AEROBICS CLASS TODAY
SENIORS AEROBICS CLASS? WHAT DO YOU DO THERE?
EVERYONE TRIES TO OPEN A PACKAGE OF BATTERIES
www.creators.com

Hart of the city

Crankshaft

THIS IS BUG BUSTERS...
I NEED TO HAVE YOU KILL SOME BEES!
BEES ARE AN ENDANGERED PART OF THE ECOSYSTEM... WE SHOULDN'T BE KILLING THEM!
OKAY... I NEED YOU TO KILL SOME WASPS!
BATUK & DAVIS crankshaftcomic.com/books

Mutts

Hard Math

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you will be busy with a family get-together. You may re-establish old connections, which will give you benefits in near future. People working in glamour, art, fashion, films, and media may plan to do something new in terms of their profession. Students may perform better today in terms of study. Love birds may enjoy their happy moments.

Taurus Apr 21 – May 20
Today you may be busy at work which may make you mentally tired and may affect your work. You may be able to create an overseas network. You should be careful in terms of investments. A promotion in your job is likely to happen.

Gemini May 21 – Jun 21
Today most situations will be under control now. Your destiny is likely to be with you in terms of gains in past investments. You may get some rewards for your hard work. Projects which were stopped without a reason are likely to be reinitiated. You may expect peaceful religious travel. You may also plan to donate some amount of money to any religious place or to some charity.

Cancer Jun 22 – July 23
You may have health issues today. You may face losses in the business or in past investments. It is advised not to invest in the business. Your gains will convert into losses. So you are advised to stop making investments in worthless objects. You should avoid being involved in controversies, otherwise, it will pull you down.

Leo Jul 24 – Aug 23
Today you may be able to perform well in terms of work. Your boss may likely give you some new responsibility in terms of promotions. Disputes with the partner may be settled down. You may lend money for making your assets. Your kids' health will be better now. You are likely to make some investments for your kids' future.

Virgo Aug 24 – Sep 23
Today you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery may likely give positive gains in near future. Take good care of your elders' health.

Libra Sep 24 – Oct 22
You may be happy due to blessings from an auspicious planetary combination. You may have some sort of energy which may create your prestige among people around you. You may spend your time studying intellectual stuff.

Scorpio Oct 23 – Nov 22
Today at the start of the day may be dull. But after late evening, you may control negativity. New people may connect with you at work. With the help of new people, you may try to revamp your business plans. It is advised to read documents before signing.

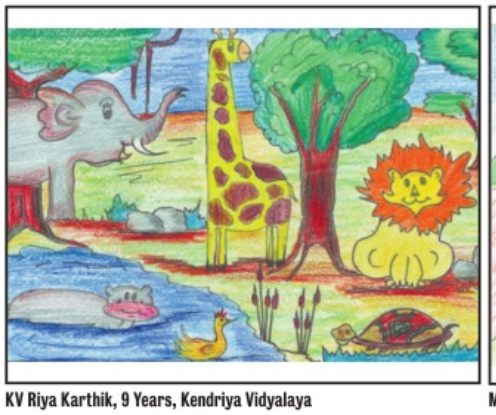
Sagittarius Nov 23 – Dec 22
Today, with the help of blessings, you may have control over your indecisiveness. Kids' health will be better now. Your colleagues may be supportive of your work, which will convert into success in terms of the project. You may expect to get some incentives with the salary. People working in dairy, water projects, grains, homemaker art and culture may do good.

Capricorn Dec 23 – Jan 20
Today, you may plan to migrate from your current place to another place. It is advised to think twice before taking decisions regarding migration or change of place. You may also plan to change your job. There will be peace in the mind. It is advised to avoid speculation in the investments. Love birds should be patient before taking an important decision in terms of marriage.

Aquarius Jan 21 – Feb 19
Today you may have good patience. Meditation may help you to increase concentration, which may help to speed up your project. Your subordinates may cooperate with you, it may help you to complete the project before the timeline. You may likely go on some short travels, related to work. An influential person may help you to boost your network.

Pisces Feb 20 – Mar 20
Today, you may be busy with family get together and social events, and you may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artefacts or household stuff which may improve your social status. You may likely hear some good news from one of your relatives.

KIDZONE



KV Riya Karthik, 9 Years, Kendriya Vidyalaya

Mona Rajesh, 9 Years, Sophia High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
100i=N*10^24;
GE=100i/(10^23);
=N*(10^24)/(10^23);
=N*10; so, 1 trailing 0;

BULL'S EYE
gilb, ling, SIBLING, sling

STRIKE OUT

S	A	Y	S	■	U	S	E	D	C	A	R	S	■	■
A	■	L	E	A	N	T	■	E	■	T	■	A	■	■
A	■	O	■	D	■	O	■	I	■	O	■	R	■	■
A	■	I	O	M	■	I	■	A	■	N	■	A	■	■
N	E	B	R	A	S	K	A	■	B	A	E	R	■	■
A	G	A	■	E	■	S	■	T	■	S	■	■	■	■
A	R	A	B	S	■	M	A	I	D	A	■	■	■	■
S	■	A	■	N	■	O	■	E	R	A	■	■	■	■
H	U	L	A	■	L	E	C	T	U	R	E	D	■	■
S	A	■	D	■	S	■	S	H	E	■	B	■	■	■
A	I	R	B	O	R	N	E	■	C	H	U	M	■	■
L	■	O	■	A	E	G	I	S	■	A	■	■	■	■
S	C	O	T	C	H	■	S	P	O	I	L	S	■	■

FAST FIVE

C	R	E	S	T
R	I	A	T	A
A	S	T	I	R
W	H	E	R	E
L	I	N	K	S

RIDDLER
1. Rod – Cane,
2. Front – Face,
3. Story – Tale,
4. Die – Crash,
5. Shelf – Sill

QUICK

H	■	S	■	Y	■	S	■	R	■	■	■	■	■	■
T	A	N	N	I	N	■	L	U	L	L	E	D	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
A	D	L	I	B	B	E	D	■	S	I	N	D	■	■
W	■	N	■	E	■	I	■	A	■	■	■	■	■	■
F	O	R	O	R	U	M	■	T	W	E	E	T	E	R
H	■	■	■	D	■	T	■	■	■	N	■	■	■	■
A	C	C	E	D	E	S	■	B	E	F	I	L	T	■
■	■	R	■	R	■	E	■	E	■	R	■	■	■	■
D	E	S	I	■	A	N	D	E	R	S	O	N	■	■
N	■	T	■	E	■	I	■	I	■	U	■	■	■	■
S	C	O	T	C	H	■	S	P	O	I	L	S	■	■
A	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
CIRCUMNAVIGATION

QUOTE UNCODE
The best scientist is open to experience and begins with romance – the idea that anything is possible.

SUDOKU

9	1	7	3	6	5	2	8	4
6	3	2	4	9	8	7	1	5
4	5	8	2	1	7	6	9	3
3	4	9	6	5	2	8	7	1
7	8	6	9	3	1	5	4	2
1	2	5	8	7	4	9	3	6
8	6	3	1	2	9	4	5	7
5	9	1	7	4	6	3	2	8
2	7	4	5	8	3	1	6	9

ALPHA TRIANGLE
R, Re, Era, Dare, Cared, Roared, Eardrop.

GO FIGURE
Easy
6 x 2 + 7 + 1 = 20
Medium
3 – 3 / 8 + 6 = 6
Hard
6 x 3 x 2 / 9 = 4

LOOP

KAKURO

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 # Party after break-up Hollywood star Leonardo DiCaprio continues to enjoy his single life. The 'Titanic' actor has been spotted hanging out with fellow actor Jared Leto at a night party a few weeks after breaking up with Camila Morrone

Sage and sound

Shilpa Shetty has a fracture in her leg and some tips on how to handle problems

Actress and yoga expert Shilpa Shetty on Monday said that the actual problem is the attitude that one has towards a problem.

Taking to Instagram, the actress, who is now recovering from a leg fracture she suffered on the sets of Rohit Shetty's web series 'Indian Police Force', put out a video clip in which she did a few Yoga stretches, seated in her wheel chair.

She also wrote: "Is the problem really the problem or is our attitude towards the problem the real problem?"

"This thought got me thinking this morning... why should an injury stop me from enjoying my routine? And so, I decided that I won't give it that power."

"On that note, Today's yoga session included the very simple and easy posture: Tiryaka Tadasana (Swaying Palm Tree Pose).

It stimulates bowel movements, provides a nice stretch sideways, and gives a good stretch to the oblique muscles improving the flexibility of the spine.

"This was followed by the Gomukhasana (Cow Face Pose). It not only improves body posture, but also stretches the shoulders and triceps.

Moreover, it helps open up the chest and lungs. It's also helpful if you have a frozen shoulder. (Avoid the Tiryaka Tadasana if you are suffering from cervical pain.)

"Don't limit your stretches and flexes to a Monday morning. Make sure these basics are a part of your daily routine too. Happy Monday!" **IANS**

Starry Sara

Nine times Sara Ali Khan dazzled in shimmery outfits

Watch this story come alive by pointing your phone camera at the QR code

Boycott call boycotted?

Industry reacts to initial good opening for film Brahmastra

Ranbir Kapoor and Alia Bhatt's latest release 'Brahmastra' hit the theatres on Friday and despite several calls for boycott on social media, the film had an excellent opening. Despite mixed reviews, the film managed to pull the audience to the theatres and ended the first weekend with an impressive collection of around Rs 105 crore nett. Perhaps the cancel culture has had little or no impact on Ayan Mukerji's fantasy action adventure film.

Reacting to the cancel culture, Javed Akhtar had told ETimes that this is just a passing phase. "It is very evident that it doesn't work. If the film is good and is appreciated by the audience, it will work. If it is not good and not appreciated by the audience, it won't work. I don't think this kind of cancel culture and boycott works at all."

Film critic and trade analyst Taran Adarsh who was 'disappointed' with 'Brahmastra' gave it 2 stars. When ETimes contacted Adarsh, he said, "My opinion is my personal opinion. I did not like the second half of the film. I felt there was more focus on the love story than on the main issue in the second half. I wanted to see that, but it was lacking. So I was disappointed. In terms of business the film is doing well. In the first three days, it was fantastic, but the examination begins today, like it is for every film on a Monday. So tomorrow we will get to know the exact figures." **—ETimes**

Sanju in Vijay's next

Sanjay Dutt is currently on a roll with some back-to-back films where he has been delivering some brilliant performances.

According to the latest report in a news portal, Dutt has been roped in for Thalapathy Vijay's next untitled film with Lokesh Kanagaraj. While Vijay will be seen essaying the role of a gangster in the film, Dutt will be playing the antagonist.

The actor is also being paid a whopping amount of Rs 10 crore to be a part of the film.

The Bollywood actor's presence will add a Pan India flavour to this film, a source told Pinkvilla.

The film is expected to be Vijay's biggest release in the Hindi market. It will reportedly go on floors by October or November this year. Buzz is also that Prithviraj too will be playing a negative role in the Lokesh Kanagaraj film. However, he is yet to sign the dotted lines. The makers will reportedly be targeting a Diwali 2023 release for the film. It would be the second release of the year for Vijay after 'Varisu', which is slated for a January 2023 release. **ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

What happens next in Mayamruga?

Good news for TV serial fans, especially patrons of the popular Mayamruga. Preparations have been made for a sequel to Mayamruga that was telecasted during 90s and re-telecasted in June 2021. The sequel is titled Mathe Mayamruga. A function was held at Kanteerava Studios on Friday to announce the making of the sequel.

On the occasion, veteran director and actor TN Seetharam said when Sanjay Shinde of Siri Kannada approached him with the proposal of making the sequel, he thought it would be a challenging task. "There is a lot of change in the attitude of people towards tele serials as compared to the 90s. I was a bit hesitant to take up the responsibility. It would have been easy for me to make a sequel to Mayamruga those days. Now, some of the actors are no more and others are in different locations. It is not easy to come out with a sequel after a gap of 25 years," said director Seetharam.

Mayamruga was the story of the Shastri family. "Now, I have to narrate the story of Shastri and his children and their lifestyle. Avinash, Malavika, Rajesh Nataranga, Veena Sundar and others who acted in Mayamruga will be acting in the sequel," he said.

B'luru hospitality wows Vaibhavi

Vaibhavi Shandilya is elated with the support she received during Gaalipata 2 and during the shoot of movie Martin, in which she stars opposite Dhruva Sarja. She was in Bengaluru on Sunday for the film shooting.

"I am happy to be part of Martin, in which my character is a bold and energetic girl. It is quite the opposite of my role in the recent box-office hit Gaalipata 2 where I played a quiet girl, who would depend on the hero -- played by Ganesh -- for everything. In Martin, it is quite different," says Vaibhavi with a smile.

She says she would never forget the hospitality of her co-stars in Gaalipata and Martin. "I am grateful to Ganesh sir and Dhruva Sarja sir for taking care of me," she says.

She made her debut in Sandalwood with Raj Vishnu. Her second Kannada movie is Gaalipata 2.

While in Bengaluru, she not only made an attempt to learn Kannada but also enjoyed a variety of food and desserts. "I had Andhra style mutton and chicken biryani from Nagarjuna Hotel and lots of desserts from a Corner House. The food was tasty and the desserts delicious. I also visited the Goldfinch to have fish and crab curry," she says.